



The "Black Sheep."

From their folded mates they wander far—

Through deserts strange and wild;
They follow the beck of a baleful star,
Their paths seem dream-beguiled.
Yet happily they sought but a wider range—

Some loftier mountain slope;
Nor recked of the country, rough and strange,
Outside of the gates of hope.

And haply a bell of alluring call
Summoned their feet to tread
'Midst the cruel rocks, where pitfalls deep

And luring snares were spread.
Maybe, in spite of their tameless days
Of outcast liberty,
They're sick at heart for the homely ways

Where their folded kinsmen be.

And maybe, at night, when the plains fall dark

And the hills loom large and dim,
For the Shepherd's voice they mutely hark,

While their souls go out to him.
Meanwhile, "Black sheep! Black sheep!" we cry,

Safe-shut in the inner fold;
And maybe they hear, and wonder why,

And marvel, out in the cold.

—British Weekly.

Home Chats.

I give you a poem, this week, which I want you to read; and remember. In every line there is a picture; in every stanza, a lesson, while in its entirety it is a strong appeal for the application of the law of love in our dealings with the one who "went out in the fields away," and to whom we are only too apt to give but harsh words and cruel thoughts, forgetting that for this "one" the dear Lord left the safe-folded ninety-and-nine, searching through mountain defile and desert sands, that "not one of these little ones should perish." Read the lines, but live the lesson.

O O

Now that the season of making resolutions is upon us, it would be well for the house-mother to make a few, with the firm determination of keeping them. One, and one of the most important in its results, should be to simplify the matters of the home—to dethrone some fetiches, and to raise up others. Mothers and housekeepers should resolve to "do unto ourselves as we would do unto others." If you stop to consider the importance of this new rendering of the commandment, you will find that it means a "whole lot." Few wives and mothers need to learn the lesson of unselfishness; it seems born in them, and, like many other birth-belongings, if not properly trained, it becomes harmful, not only to ourselves, but to others.

O O

Resolve that, whatever else must be neglected, proper attention shall be given to your own health. By this I do not mean that you shall be continually "taking stock" of your aches and ailments; we all have them; but we need not nurse and coddle them. We should, so far as possible, say to them as the Saviour said to Satan: "Get thee behind me," and, having turned our backs on them, we should seek to fill the forward pathway with cheery, hopeful, strength-giving

thoughts, and bring into our daily life all the brightness possible.

O O

Resolve that, when you find yourself "flying all to pieces," instead of fretting and scolding, you will just go away by yourself, shutting out of sight at least all work and worry, as well as all human beings, lie down and read some little, cheery thing, or look at some pleasant picture, completely abandoning yourself to rest for a half hour. The work will "keep," and so will the worry, but you will take it up with better heart after your rest. One of the finest tonics and restoratives for worn and irritable nerves is this solitary rest-cure.

O O

Resolve to "take stock" of yourself and of your abilities; inquire diligently wherein you have either failed or succeeded; learn the lesson each will teach you, make of them both stepping stones to greater things, and shape your future life according to the lines pointed out. Learn to think, to plan, to achieve. Do, according to your strength, and shut out of your life the bug-bear "They Say."

Nut Foods.

While, as a nation, we are great candy-eaters, we should not forget that we should be great nut-consumers, as well. In the olden times, we were cautioned to "eat nuts with a little salt and a great deal of discretion," for the stomach's sake. Now-a-days, the healthfulness of nut-eating is unanimously conceded, not for the well person only, but large quantities of nuts are converted into food products for invalid consumption in the various sanitariums and hospitals and especially for the food of the dyspeptic patients.

Nut culture as a food product is now one of the staple industries, and a great factor in commercial and home life. In the United States, the industry has, within the last few years, become so widespread and important that a Nut Growers' association has been formed and a standard of excellence established, scientific tests and experiments instituted, and information regarding the industry carefully gathered and given out. A great many women are taking up the work, and the acreage is rapidly increasing, vying in importance with that of the fruit industries. It is claimed that it is one of the most remunerative of the agricultural resources, a nut orchard continuing to return annual interest for—nobody knows how long, though it is claimed for longer than the average human life.

Nuts are a choice and valuable food, a standard luxury, and fast becoming a necessity to those who appreciated their great nutritious and hygienic values. As the supply increases, their great values become better known, and new uses suggest themselves and are employed. In some countries, they constitute the chief foods of the populace. Their benefits are not confined to the human families as they have long been known and used as a valuable fattening food for cattle and hogs.

English walnuts, pecans, hickory nuts, almonds and others, if mashed finely in a mortar and passed through a sieve, make excellent shortening for all kinds of pies, tarts and turnovers. The recipes for their uses in food preparations are legions, and the

dishes gotten up in which they are particularly fine are limited only by the knowledge of the "queen of the household."

Query Box.

"Tip."—See answer to query in another column.

Invalid.—Cannot advise you. Best consult your physician.

Querist.—One of the best ways to keep brass clean is to mix a little finely powdered rotten-stone in a little sweet oil; rub thoroughly and polish with a piece of chamolite skin until a beautiful gold lustre. Bath brick, if constantly used, will cause the brass fenders to take on a pale yellow color.

Clara D.—To keep cream or cheddar cheese from moulding in your warm room, put the cheese in some deep vessel and cover over the top with vinegar. Just before serving, wipe the vinegar off with a dry cloth; the taste of the cheese will not be affected and it will keep moist and sweet.

Isaac.—I am not in a position to tell you "which does the best work—the man or the woman." I suppose it depends considerably on what class of work is meant. Self-respecting and self-supporting women are finding their way into every business establishment, and are raising the entire level of womanhood by their intelligent discharge of their assumed duties.

Sister Allie.—Denim is used for upholstery, and will give good service. A good grade in appearance very much resembles cretonne, with a smooth surface and colored background, and comes in various patterns and colors. Armure tapestry is a woven fabric of two colors and comes in very pretty patterns of scroll, flowers and sprays.

Housewife.—Coal oil is an excellent thing for removing dirt spots from furniture, and most wood work rubbed once or twice a week with it will be greatly improved. Be careful to rub the oil well in, or it will gather dust as soon as left. Do not apply coal oil or hot water and soap to your waxed or varnished floors. Neither should polished furniture be treated with these cleaners. Go over them with a well dampened cloth and follow this by a polishing with a dry cloth. Even carefully using a dampened cloth will injure a highly polished surface in time.

Some "Nut" Recipes.

Nut Sandwiches.—Work one tablespoonful of butter to a cream; add one small Philadelphia cream cheese and beat to a cream, adding oil to moisten, if necessary. Blanch a quarter of a pound of English walnuts and slice thin; mix with the cheese, add salt, paprika and a little lemon juice, and spread on thin slices of white or brown bread.

Hickorynut Loaf Cake.—Cream one-half cupful of butter with two cupfuls of sugar, and add cupful of milk; sift two teaspoonfuls of baking powder and one teaspoonful of salt with two cupfuls of flour, dredge one cupful of rolled or chopped nut kernels, and stir all together; lastly add the beaten whites of four eggs. Bake in a loaf and frost.

Walnut Salad.—Take one cupful each of chopped walnut (English or native), celery and apples; mix well, and sprinkle over them two tablespoonfuls of sugar; let stand ten or

fifteen minutes; immediately before serving add a cream dressing. Spread whipped cream over the dish and garnish with perfect half kernels.

Almond Macaroons.—Blanch and pound half a pound of sweet almonds to a paste, using a little rose water to prevent oiling. Beat the whites of four eggs to a stiff froth, add gradually four tablespoonfuls of confectioner's sugar, lastly the almonds, a tablespoonful at a time, beating rapidly. Flavor with a teaspoonful of the extract of bitter almonds; drop onto buttered paper and bake five to ten minutes in a quick oven.

Nut Wafers.—Mix one cupful of sugar with two eggs, adding five tablespoonfuls of sifted flour, one-fourth teaspoonful of baking powder and one-third teaspoonful of salt, and last, one coffee-cupful of hickory nuts, walnuts, butternuts or peanut meats coarsely chopped. When well mixed, drop by spoonfuls on a buttered tin, and bake till brown. Remove from tin as soon as baked.

Native Nuts.

While lauding the values of high-priced and imported nuts, we should not overlook the possibilities of those native and near at hand. The black and white walnuts, various hickory-nuts, chestnuts, pecans, beech nuts, hazelnuts, and some varieties of acorns, which grow readily in many parts of the country, are really better for many purposes of food and oils than the foreign article. The nuts possessing in themselves rich nutrient principles in a highly concentrated form, are, in many instances, difficult of digestion, but by combining them with other substances and subjecting them to heat in the process of cooking, they lose this objection. Edible nuts are generally very rich in oils, with only a small percentage of the other carbohydrates, starch, sugar, etc.; and they also contain a large proportion of nitrogenous constituents. Nut trees should be planted about every home. Given the right

GIVES "GO"

Food That Carries One Along

It's nice to know of food that not only tastes delicious, but that puts the snap and go into one and supplies staying power for the day.

A woman says: "I have taken enough medicine in my time to furnish a drug store, but in later and wiser years I have taken none, but have depended, for the health I now enjoy, on suitable and sustaining food of which I keep on hand a tested variety, plain but nourishing."

"Of these my main dependence is Grape-Nuts, especially if I have before me a day of unusual effort either mental or physical. In this case I fortify myself the first thing in the morning with about 4 teaspoonfuls of Grape-Nuts moistened with cream and not much else for breakfast and the amount of work I can then carry through successfully without fatigue or exhaustion is a wonder to those about me and even to myself."

"Grape-Nuts food is certainly a wonderful strengthener and is not a stimulant for there is no reaction afterwards, but it is sustaining and strengthening as I have proved by long experience." Name given by Postum Co., Battle Creek, Mich.

There's a reason four teaspoonfuls of Grape-Nuts and cream will add more strength and carry one further than a plateful of coarse heavy food that is nearly all waste. Grape-Nuts food is condensed, pre-digested and delicious. It contains the parts of the Wheat and Barley grains that supply the rebuilding parts for Brain and Nerve Centres.

Look in each package for a copy of the famous little book, "The Road to Wellville."